

LICE FREE LIFE:

How to keep yourself and your friends and family free of these little bugs



LICE

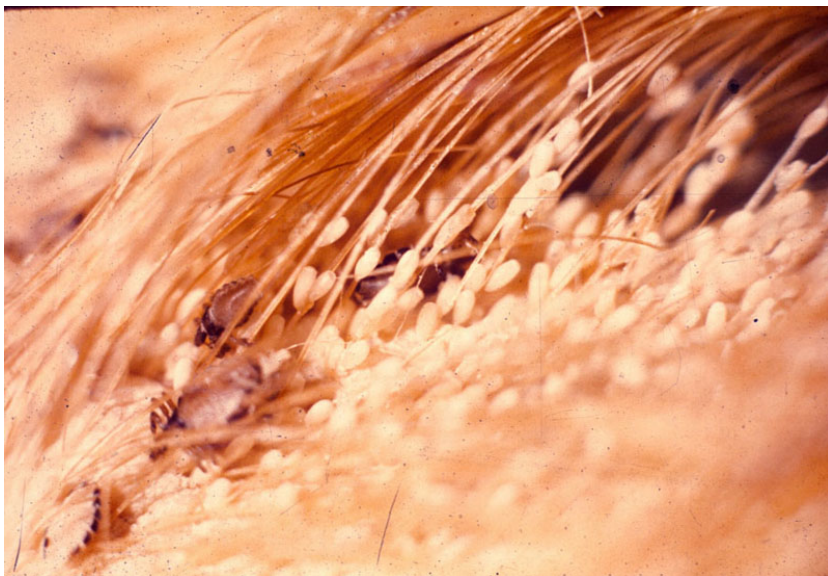
Read inside to learn about lice, how to treat them, and how to prevent getting them again in the future.



The Spreading of Lice

What are lice?

Lice are small bugs that can be found within body hair. A “louse” is one bug, “lice” are more than one. Most often, they are found on the scalp or the neck. Lice live for about 30 days before they die off. However, they can lay up to six yellowish-white eggs (or nits) a day. These eggs will hatch in about one week.



Lice can spread through:

- physical contact with someone else with lice.

If someone with lice uses the same hairbrush or cloth as someone with lice, they are very likely to get it. Lice can also spread through sexual contact. The lice don't spread through body fluids, but through the hair covering private parts. Do NOT have sexual relations with someone until the lice has been treated.

- contact with infected furniture.

It is very easy to get lice by sitting on a sofa or lying on a bed where someone with lice has recently been. Once they are off the body, lice can live for about 1-2 days.

- sharing belongings with an infected person.

Children and siblings are more likely to get lice than adults because they regularly share pillows, hats, clothes, and other personal items. Female children are more likely to get lice than male children.

Lice Symptoms

You may have lice if . . .



- *you itch severely.*
- *you have a tickling feeling in your hair.*
- *you see small red bumps on your neck or other areas touched by your hair.*
- *you have difficulty sleeping.*
- *you notice many white spots throughout your hair.*



To find lice, part the hair at the scalp and gently look through the hair with a comb or other pointed object.



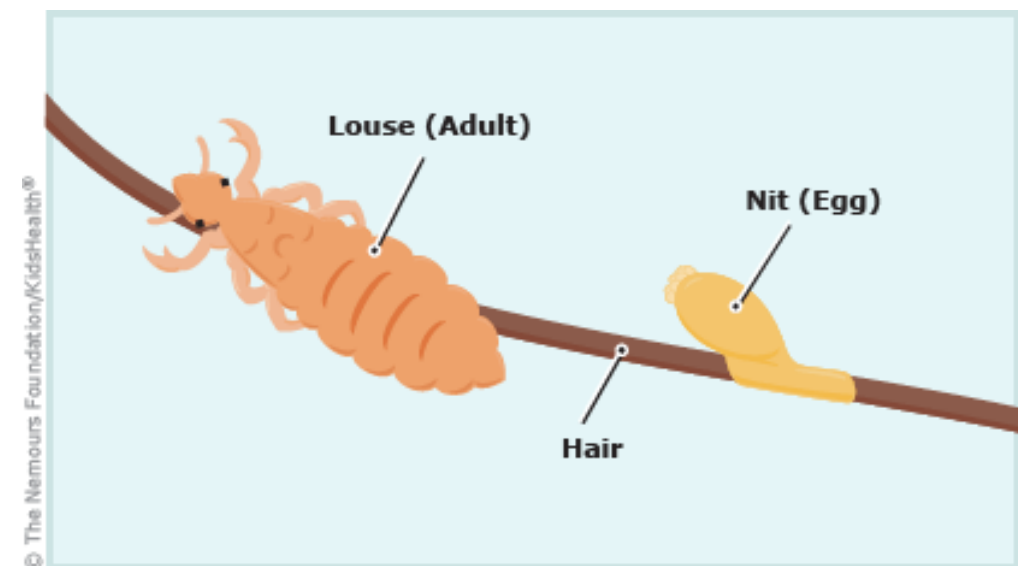
Lice Symptoms & Prevention

Killing Lice

To kill lice, sometimes it is easiest to shave the head or hair that is affected. By shaving the hair, the lice have nowhere to live. Sometimes it also helps to expose the hair to heat, this could be hot water or heat from the sun. Remember, water doesn't kill lice, it's the heat that does! Don't forget to wash infected clothing and bedding in hot soapy water, too!

If you have things you can't wash, try putting them in a sealed bag for at least two weeks. During those two weeks, the lice should die off. If you can, set the bag out in the sun so the heat can get to it.

To prevent getting lice, DO NOT share any hair brushes, hat clips, or other hair related items with other people. Try to avoid sharing clothing, pillowcases, or other personal items with other people.



Did you know that itching **doesn't** kill lice? When you start to itch, ask someone to put on some gloves and check your head for lice. The longer you wait, the more eggs the lice may lay!

Review Questions

- 1) What are lice?
- 2) What are some symptoms from lice?
- 3) How long can lice live before they die off?
- 4) Should you expose infected things to the heat or the cold?
- 5) Are male or female children more likely to get lice?
- 6) Does itching kill lice?
- 7) How long should you seal up infected belongings?
- 8) Should you share personal belongings with other people?
- 9) Have you ever known someone who has had lice or have you had lice yourself? If so, discuss how they were treated.